Schedule your COS Health Risk Assessment online today!

1) Go to our website at www.wellnesspartner.org. Click on the **Events** link.



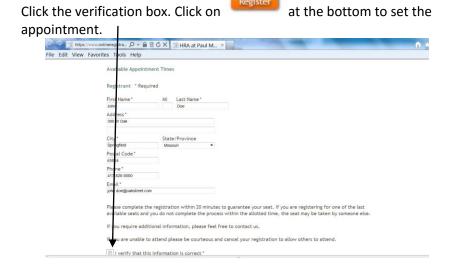
3) Review the screening instructions/appt times. Click on the time you'd

like.	
COS	S HRA Template
Mond	day, April 3, 2017
2. 3. 4. 5.	Please do not eat or drink anything, except water ONLY, for 8 hours before your scheduled appointment. (You must fast this length of time for the blood test to be accurate. To ensure the most accurate results, no black coffice either.) Please drink plearly of water as it will help in locating a vien for the lab draw. Wear loose clothing around arms to facilitate evaluation procedures. Please take any prescribed medications ordered by your physician with water only. If you are a diabetic and are taking medications, schedule your assessment early and refrain from taking your medication until your blood work has been drawn. Please print, read, complete and bring the HRA packet you receive on the confirmation once you make this appointment. If your legal name has changed recently please bring a copy of your driver's license, which is required to update your medical record.
*Note	- the HRA is provided at no cost to COS employees and spouses
Арр	ointment Time
□ 7:0	0 a.m.
_	5 a.m.
	0 a.m. 5 a.m.
_	0 a.m.
□ 8:1	5 a.m.

2) Scroll the calendar and arrow to your desired screening (must contain the title "COS HRA at Location". Click on the screening you'd like to schedule.



4) Scroll down the page and complete the fields with your information.



5) Receive a confirmation e-mail with appointment details and the HRA packet. Please print/complete packet and bring to your <u>appointment</u>. (Please retain confirmation for your reference. Follow link/instructions within confirmation if you need to cancel or reschedule your appointment).